

Make it a **SAFE KIDS SUMMER!**

Don't take a vacation from safety.

Hey Parents:

Did you know that summer is the most dangerous time of the year for kids? Children will be rushed to emergency rooms nearly 3 million times this summer during "trauma season," May – August. Don't let your child be one of them! Follow these tips with your family to protect your children from the top five summertime risks. Pledge to make this a SAFE KIDS Summer!



Ride Safe!

- I make sure all my kids have their own child safety seat or safety belt that's appropriate for their age and size, and that they sit in a back seat.
 □ YES
 □ NO
- ullet I study both my vehicle owner and car seat manuals carefully. \square YES

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Swim Safe!

- I always supervise young children near water, including pools, spas, toilets, bathtubs and buckets. ☐ YES ☐ NO
- We wear personal flotation devices when out on boats, near open bodies of water or participating in water sports. ☐ YES ☐ NO



 \square NO

Wheel Safe!

- My kids wear properly fitting helmets and other protective gear every time they ride their bikes, scooters, in-line skates or skateboards. ☐ YES ☐ NO
- ullet My children know the rules of the road and obey all traffic laws. \square YES \square NO



Walk Safe!

- I never let children under age 10 cross the street alone. ☐ YES ☐ NO
- My kids wear retroreflective materials and carry a flashlight when it's dark, at dawn and at dusk. ☐ YES ☐ NO



Play Safe!

- I supervise my children at playgrounds and make sure there is a safe surface such as mulch, gravel, rubber or fine sand. ☐ YES ☐ NO
- My kids always wear the right, properly fitted protective gear when they practice and play team sports.
 YES
 NO



This list is not comprehensive. It is meant to assist families in taking steps to prevent childhood injuries. For more detailed information, please visit www.safekids.org.